

Lakeview Hospital Diabetes Education Program Presents:
Free Diabetes Community Lecture And Support Group

Meetings are held the second Wednesday of each month, except December, at 7:00 p.m. Lecture will be presented first, with support group meeting after. All lecture topics will be diabetes related, given by professionals in the field. The following lists the lecture topics and times for the year 2007:

January 10 , 2007	1-2-3's of Behavior Change Making Changes for a Healthier You	Lora Erickson Health Promotion Specialist
February 14, 2007	Exercise is not a 4 Letter Word.... Making Exercise Fun	Tawnya Zeidler, Exercise Physiologist
March 14, 2007	Prevention/Management of Diabetic Kidney Disease	Nazia Junejo, M.D. Nephrologist
April 11, 2007	Practical Solutions for Stress Relief Massage Therapy, Deep breathing exercises...	Janine Bleiweiss, LMT Licensed Massage Therapist
May 9, 2007	Diabetes and Eye Disease	Michael B. Wilcox, M.D. Ophthalmologist
June 13, 2007	Benefits of Starting Insulin Early. Using Insulin in Management of Type 2 Diabetes	Leslie Harward, B.S.N., R.N.
July 11, 2007	What's the big deal with feet and Diabetes? Proper Footwear and diabetes.	Bruce Barton, C.Ped Certified Pedorthist
August 8, 2007	Why do I Test My Blood Sugars? How to use BG Results to Manage Your Diabetes	Koby Taylor, R., Ph. Pharmacist
September 12, 2007	Caring for Wounds when you have Diabetes Wound care and Hyperbarics	Utah Center for Wound Healing and Hyperbaric Medicine
October 10, 2007	Healthy Holiday Eating Maintaining weight and Blood Glucose Control	Nancy Gibson-Fagg, R.D.,C.D.E. Certified Diabetes Educator
November 14, 2007	Diabetes Month Health Fair 5-8 pm Lakeview Hospital lobby, community and boardroom.	

Lakeview Hospital, 630 East Medical Drive, Bountiful, Utah
First floor, Community classroom, 7:00 pm.
 If you have questions, please call (801) 299-6868